





West Nile virus case confirmed

MEREDITH O'HARA for Metro Calgary

MOSQUITOES A Calgary-area man has the first human case of West Nile virus in the province this year, Alberta Health confirmed yesterday. Though the man

travelled to Saskatchewan it's believed he contracted the virus in Alberta.

West Nile is carried mostly by the Culex Tarsalis mosquitoes. These mosquitoes are typically at their peak in July and Au-

gust. "The timing changes every year depending on weather," said Howard May, a spokesperson for Alberta Health and Wellness. May added the virus hasn't been around long enough to really establish a trend.

Last year one human case of the virus was reported in the province.



How to get good credit



California fires double in size

Sports pg 11

NHLPA dumps Kelly as boss

WorldSkills kicks off

900 competitors squaring off in 45 competitions for trade supremacy

KRISTA SYLVESTER krista.sylvester@metrone

Four years of planning, plus \$82 million in economic impact and attendance of 150,000, equals the largest independent event ever hosted at Stampede Park.

When thousands of competitors, delegates and attendees descend upon

WorldSkills Calgary 2009, beginning with the opening ceremonies today, they will see millions of dollars put to use at Stampede Park, according to presi-dent and CEO Richard Walker. "There is 400 metric tonnes of state-of-theart equipment for these competitors to use, while pouring their guts out to try to win a medal to bring home," Walker said.

900 Competitors 1.000 Delegates

3.000 Volunteers

Spectators can watch all 45 skills competitions as they will all be happening at the same time across

800,000 square feet of park. In addition, there is another 250,000 square feet of park used for demonstrations and activities for spectators including performances and the Global Skills Village.

"This is the last time we will see the WorldSkills in North America in our time. This is Calgary and Alberta's only chance to see what is equivalent to the

Olympics for skills and trades," Walker said.

Reality television chef David Adjey said he is envious of the technology the students are given to use, including the cooking stoves he estimates are worth \$40,000 each.

"This is incredible for them and it really gives everyone a level playing field in terms of the technology used," he said.



Kristina Morin and Charlie, a Labradoodle, give high fives for the new incentive program proposed for city pet owners. Morin loves the program and hopes it continues to encourage responsible pet ownership across the city.

Good city pet owners get the treat

MEREDITH O'HARA for Metro Calgary

PROGRAM The City of Calgary will soon reward responsible pet owners.

The proposed program will give discount cards to people who license their pets. The city's bylaw boss, Bill Bruce, said they want to do something positive. "So often, we rely on the

punitive side of compli-

"I think it will probably encourage more people to get the licences and actually register their animal."

Sasha Lacic

ance, and there's also positive ways," Bruce said.

The cards could give people discounts on anything from pet food and sup-plies, to home entertainment units.

The city is still looking

for a company to run the reward system. Once they do, the cards will be given out at the same time as the licences.
"We'll have something

very unique and something very worthwhile to offer our pet owners," said

Calgarian Sasha Lacic owns a cat and a dog.

"I think it will probably encourage more people to get the licences and actuallv register their animal," said Lacic.

Bruce said about 8,000 dogs in the city and as many as 60,000 cats in Calgary are not licensed.

The city hopes to launch the program in October.

Cops search for man in **OxyContin** robberies

KRISTA SYLVESTER

CRIME Police believe the same man is responsible for a string of pharmacy robberies and say the suspected serial robber demands OxyContin pills each time.

Acting Staff Sgt. Doug Crippen said police are concerned with the frequency of the eight robberies between Aug. 14 and Aug. 27 at pharmacies in the city's northeast and northwest.

"This is an anomaly, to have that many robberies over that short of time and that is what concerns us," Crippen said, adding the man just demands the pharmacist to hand over the pills.

He has not used violence yet, but we want to apprehend him before it escalates.

Crippen doesn't know the total amount of the painkillers stolen, but said the amount is

"significant" enough that police believe he intends to distribute the heroinlike drug on the street for

Police are looking for information about the suspect they describe as Caucasian, early to mid-20s, with light brown hair and approximately six feet tall and 175 pounds.



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Alberta Occupational Health and Safety and the City of Calgary building inspections department are both investigating a building on 10th Avenue and 1st Street SE after a glass shard fell from 18 stories onto the ground. Officials have two years to determine if charges will be laid. METRO CALGARY



ocal



Canadian Open gets underway

The 2009 CN Canadian Women's Open golf tournament kicked off yesterday at Priddis Greens Golf and Country Club with a pro-am and final qualifying. The first round of the tournament is on Thursday. World No. 1 and 2007 CN Canadian Women's Open champ Lorena Ochoa, left, is slated to play. "Spectators can expect to see tremendous golf showcasing some of the best golfers in the world," tournament director Sean Van Kesteren said of the event that runs until Sept. 6. **METRO CALGARY**



News in brief

DONATIONS Ten Thousand Villages is reminding Calgarians early this school year that thousands of children in under-developed nations need school supplies. Individuals or groups are invited to fill bags with requested supplies at Ten Thousand Villages at 220 Crowchild Tr. NW. The bags will then be forwarded to organizations for distribution.

FUNDING The Aboriginal Youth Animation Project was given a \$60,000 injection from the federal government, it was announced vesterday in Calgary. METRO CALGARY

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Sledding to your dreams

Bobsleigh team inspires children's book about teamwork

MEREDITH O'HARA for Metro Calgary



Baker and his team inspired a Paul and Talya Shore children's called, Bobsleigh Jellybeans

Baker and his team stayed with the Shore's their selection during races this year in Whistler, B.C., and teammate Chris Ripley actually illustrated the book.

The book follows the four friends - Adam Anderson, Bobby Staniforth,



From left: Chris Ripley, Adam Anderson, Hugh Baker and Bob Staniforth - all Olympic hopefuls for the Canadian bobsleigh team - hold up a children's book illustrated by Ripley that's about teamwork.

Ripley and Baker — from when they were children sledding in the backyard to racing together at international competitions.

"It's just a really good

story about friendship. fun, teamwork and following your dreams," said Bak-

Baker's bobsleigh team currently race at the development level and are hoping Canada will qualify to send three bobsleigh teams to the Olympics in Vancouver.

They will then have to qualify as the best development team in order to live their Olympic dreams.

Proceeds from the book will go to cover team expenses for this season.

Baker hopes the book will encourage young athletes to work towards their goals and dreams.

'You can do anything you want as long as you put your mind to it and you remember to just have fun'

Baker adds they don't always win in the book but "the important thing is that every time we had

30-day sentence for pie thrower

STELMACH A Calgary woman who attempted to pie Alberta Premier Ed . Stelmach during a Stampede breakfast has been sentenced to 30 days in jail.

Lily Phan was found guilty earlier this year of assaulting a sheriff and resisting arrest as he attempted to stop her from flinging pie filling at the premier on July 9, 2007. THE CANADIAN PRESS



Blogs The Fix author Declan Hill joins It's Called Football to discuss match-fixing in MLS and around the world

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Polish man being sent home after disrupting Air Canada flight

A Polish man charged with assaulting fellow passengers on an Air Canada flight to London, England, is going to be sent to his home country after a psychiatric assessment determined he has a mental illness. The scuffle prompted the pilots to divert the flight to St. John's, N.L. THE CANADIAN PRESS

Canada/World

Iggy to pull plug on Tories? Election complaints

Michael Ignatieff says the Harper government is on "life support" — and he sounds like he may be ready to pull the plug.

The Liberal leader kicked off a summer caucus retreat yesterday on a hawkish note, suggesting he's keener to force a fall election than some of his strategists.

"We've kept this government on life support for 10 months," Ignatieff said, noting that Liberals sup- tion in June after Prime ported last January's recession budget despite deep reservations. "But in June I made it clear that in a whole number of areas, the govern-

ment's performance was letting Canada down and it hasn't Michael got better over the Ignatieff summer.

Ignatieff backed away from the brink of an elec-



Minister Harper agreed to set bipartisan working group to study employment insurance reform.

But Ignatieff said the panel has turned into "a bit of a charade," with the Tories rejecting out of hand his proposal to

set a national standard of 360 hours of work to qualify for EI benefits.

The caucus which ends tomorrow, will consumed primarily with the issue of whether the Liberals should finally vote to defeat the government during the fall sitting of Parliament, which resumes Sept. 14.

They'll have their first opportunity to present a motion of non-confidence during the first week of Oc-THE CANADIAN PRESS

no surprise: Monitor

sheer volume of accusations of ballot box stuffing, fraud and voter intimidation in the Afghan presidential election may be disappointing but it doesn't come as a surprise to the head of the UN-backed Electoral Complaints Commission.

Grant Kippen, a Canadian as well as the man who chaired the commission during the previous elecin this politicallyvolatile country, said he expected a lot of complaints - again.

The commission has received more than 2,000 complaints from all of the candidates in the Aug. 20 vote. Investigations are focusing only on the more serious allegations brought forward. "The ones that we have given top priority — some 613 complaints — are the ones we're focusing on at the moment," Kippen said yesterday in a telephone interview with The . Canadian Press.

"They have the potential to change election results.' THE CANADIAN PRESS



A burned traffic sign sits on a highway near Los Angeles.

California fire doubles in size

WILDFIRE A massive fire in the Los Angeles area nearly doubled in size overnight, threatening 12,000 homes yesterday in a 32-kilometrelong swath of flame and smoke and surging toward a mountaintop broadcasting complex and historic observatory.

At least 6.600 homes were under mandatory evacuation orders and more than 2,500 firefighters were bat-tling the flames. On the blaze's northwestern front, two firefighters were killed Sunday when their truck drove off the side of a road.

The fire had burned 347 square kilometres of brush and trees by early yesterday and was just five per cent contained

More than 20 helicopters and air tankers were preparing to dump water and retardant over the flames. Two Canadian Super Scoopers, giant craft that can pull thousands of litres of water from lakes and reservoirs, were expected to join the fight later in the day.

THE ASSOCIATED PRESS

News in brief

TAIWAN The Dalai Lama exhorted Taiwan yesterday to safeguard democracy, interspersing prayers for the victims of Typhoon Morakot with a challenge to China. The call from the leader appeared to contradict assurances that his visit would avoid politics.

THE ASSOCIATED PRESS

Conservatives campaign against election

STIMULUS The federal Tories stepped up their anti-election campaign yesterday, warning that a fall vote could threaten the fragile economic recovery.

Transport Minister John Baird, trumpeting the mantra that an election would put stimulus spending on hold, said it would be irresponsible to topple the government. He noted the economy grew slightly in June and said it's important to stay on course with stim-

Also yesterday, Tory campaign director Doug Finley sent out a fundraising pitch

warning the Liberals are expected to launch a huge ad campaign after Labour Day. "I have no doubt that the Liberals will go to the wall with this campaign," Finley wrote, seeking funds to help the party "fight back."

THE CANADIAN PRESS

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News in brief

LOTTO Ontario's lottery and gaming corporation was over hauled yesterday as the province's finance minister fired its CEO and replaced the entire board of directors. The auditor general was also brought in to review spending at the Ontario Lottery and Gaming Corp., which included one executive charging taxpayers almost \$500 for a nanny. **HEALTH** An editorial in the Canadian Medical Association Journal is urging the government to fast-track the H1N1 vaccine for high-risk groups. To do that, it suggests offering the vaccine without an adjuvant, a boosting compound that may stretch supplies. Adding the adjuvant lengthens the process, but the editorial says time is crucial in protecting these high-risk groups.

THE CANADIAN PRESS

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Comment

Einstein's lessons remain vital today



lbert Einstein detested rote learning. Students returning to school might be encouraged to know that the renowned physicist who unlocked mysteries of the universe was no genius in the

lassroom.

At 15 he was ushered out of one school owing to undistinguished performance and impudence. Later, at Zurich Polytechnic, he flunked a course in physics of all things, scoring the lowest grade possible. He graduated, but near the bottom of his class.

The reason for Einstein's early scholastic mediocrity was that teachers — as many still do today — rewarded regurgitation as opposed to imagination. His strength was the latter. In his engaging biography of

Einstein, Walter Isaacson shows how his contrarian, independent nature made his breathtaking discoveries possible. He was always resisting conventional wisdom and always standing up against what was known in German as zwang. It means compulsion, coercion, having to submit.

For Einstein's liking, too many mechanically obedient automatons walked the halls. In their rush to conform they left their brains behind. Conformists were losers. Their "foolish faith" in authority was "the worst enemy of truth."

Today's teachers, especially if they're the enforcer types (we'll call them zwangers), might not like Einstein's pedagogical theories making the rounds. No telling what a rash of independent thinking might do.

In Einstein's day, zwang held sway at the student and the political level (Nazis). He left Europe for the freedom of Princeton University, a freedom that was interrupted by McCarthyism. His nonconformist passions, the key behind his theory of relativity, extended to politics in his

continuing campaigns against nationalism and in his promotion of pacifism.

His example, as Isaacson points out, is vital today. Conformists are still dominant. We see how pressures accumulate on Barack Obama to water down his promise of universal health care and other planks in his change agenda. We see how Liberal Leader Michael Ignatieff, a creative, independent thinker, has been muted by pressures to conform and is criticized for spending too much time learning abroad.

nuch time learning abroad.

In too many disciplines, to-

day's leaders are consensus seekers as opposed to consensus changers. The key in schools, in politics, is to foster an environment that is creative. "I have no special talent," Einstein once said. "I am only passionately curious."

Let the mind roam, he advised and keep it roaming. Indolence, he told his unemployed son, is a killer. "Life is like riding a bicycle," he said. "To keep your balance you must keep moving."

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Breaking down bankruptcy numbers



Bankruptcies are up, to begin with. There is no doubt whatever about that.

The researchers at Statistics Canada must have felt positively Dickensian when they reported there were 14,148 bankruptcies either declared or proposed in June, 51 per cent more than in June 2008. For the 12 months ending with

June, bankruptcies were up nearly 29 per cent to 143,883. That's what you would expect during a severe recession.

The trouble is, those big numbers don't mean much unless you break them down. And when you do, they tell a more optimistic story. It turns out almost 96 per cent of those June bankruptcies were personal while fewer than four per cent were business. Over the previous year, it was the same story: 95 per cent of bankruptcies were personal; the rest were businesses

businesses.
In fact, business bankruptcies in Canada have been in a long-term decline: Since 1990, the annual total of business failures has dropped 47 per cent, and since 2000, the falloff is 39 per cent. There are a number of reasons for this.

A Compas poll of business leaders in May reported that most of those surveyed thought the Canadian economy was inherently more stable than the U.S. and that we enjoy a strong, well-regulated financial system.

It also helps that Canadian companies have been gradually weaning themselves off excessive reliance on the U.S. market. Admittedly, Canadian exporters

still send two-thirds of all shipments to the U.S., but only six years ago it was closer to three-quarters.

And it isn't just Canadian banks that are cautious. Companies are getting better at workouts, doing restructurings with creditors to keep themselves going. They're also good at taking action when times get tough. As ugly as it sometimes seems, they know how to cut costs and, unfortunately, jobs, but it keeps them alive to grow another day.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



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Recession finally over, or is it?

Politicians and economists are warning of tough times continuing despite data yesterday that signal Canada's recession ended in June and the current summer quarter will produce the first quarterly growth since last fall.

June's 0.1 per cent output gain was lower than 3% Merrill Lynch Country economist Sheryl Merrill Lynch chief King said the rebound could actually hit three per cent in the third quarter, far higher than Bank of Canada's call for a 1.3 per cent advance.

consensus expectations, and other indicators suggest the economy is still not poised for the kind of bounce-back that would set champagne corks popping, analysts noted.

More worrisome, several economists said a double-dip slump was still a possibility next year once extra-ordinary U.S. government spending peters out.

Technically, the reces-

sion will not be declared over until numbers on third-quarter activity, the July-to-September period, are known later this year.

But economists say that is a formality since enough is known about how the economy fared in July and August to make growth in the third quarter a foregone conclusion.

Economists expect output to experience a spurt during this quarter, in part because the second quarter was weaker than expected, and because of the auto sector restart in July. But most agree growth will be slow for the rest of this THE CANADIAN PRESS vear.

Business in brief

CARS Toyota will probably shift production of the Matrix crossover vehicle from Cambridge, Ont., to Woodstock, Ont., within the next year to make room for more output of the popular Corolla compact in a move that should create several hundred jobs, sources say. Toyota Motor Manufacturing Canada Inc. wouldn't confirm the move vesterday but sources familiar with the automaker's plans said the company will jack up output of the Corolla and Matrix in Cambridge starting next month in advance of the trans-TORSTAR NEWS SERVICE

Throwing Bricks at Labatt's house

BEER WARS Just two months after tiny Brick Brewing Co. Ltd. settled a trademark dispute with multinational giant Labatt Canada over similarities between the packaging of its Red Baron beer and Labatt's Brava, the head of Ontario's largest independent brewerv. George Croft, is at it again.

This time, Brick Brewing is taking aim at Bud Light Lime, another brand in Labatt's global portfolio, with a version of Red Baron that is both light and limey. And lower priced.

Labatt is owned by the world's largest brewer, Anheuser-Busch InBev, a U.S-Belgian merger that brought together the makers of Bud and Stella Artois.

TORSTAR NEWS SERVICE

PetroChina sinks \$1.9B into oilsands

ENERGY PetroChina yesterday agreed to pay \$1.9 billion for a 60 per cent stake in two planned Canadian oilsands projects, China's biggest investment yet in one of the world's largest untapped oil regions.

PetroChina, the world's most valuable oil company, has signed an initial agreement to take majori-

ty control of the proposed MacKay River and Dover oilsands projects owned by the closely held Áthabasca Oil Sands Corp (AOSC), the Canadian company said in a

release

Investing

• PetroChina is the first major player to invest in the oilsands region since oil prices plunged last year and billions of dollars worth of projects were cancelled

PetroChina's international arm will also provide some financing for AOSC, which controls about 1.3 million acres of oilsands properties in Al-

"PetroChina is probably looking to lock in a sizable position in the oil sands,' said Chris Feltin, an analyst at Tristone Capital.

'But it's going to take a long time to develop Athabasca's projects."

The oilsands in northern Alberta have the largest crude reserves outside the Middle East.

But China has so far made only very small investments in the oilsands.

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Shanghai surprise Index sinks



An investor looks at indexes in Shanghai yesterday. China's main stock index sank 6.7 per cent on heavy selling of market heavyweights triggered by renewed worries over potential liquidity tightening. The Shanghai Composite Index lost 192.94 points to 2,667.75, its lowest close in more than three months.

Interested in buying a hotel?

MONEY If you're in the market for a hotel, now may be as good a time as any, according to a report by Colliers Hotels International. But buyers have to be prepared for a rough road ahead as the economy takes a toll on travel.

Hotel values have taken a hit as buvers stav away from a property segment that has been bruised by poor tourism and corporate travellers. A severe credit crunch that has banks leery of lending to the commercial real estate sector has also caused buyers to stay put. As a result, hotel sales across Canada totaled \$157 million in the first six months of the year. That compares to \$621 million or a steep 75

Big sale

 The largest sale nationally this year was the 88room Travelodge hotel in downtown Toronto for \$21,875,000 in April.

per cent drop from the first half of 2008, according to Colliers in a report

released yesterday.
"This is clearly a reflection of the markets today. You have a tough funding environment and we are seeing the full impact of what the economy's been through on the hotel sector," said William Stone, executive managing director of Colliers hotels.

TORSTAR NEWS SERVICE

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EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

10 business

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Your Money



Lunch Box (from)

Viet. Pho' & Vermicelli (from).



I need a price check, please

Chances are you've been the victim of register error



ou might wonder whv anyone would buy Toronto Blue Iavs' l pen as another lame duck baseball season ends. But sometimes need overwhelms good sense.

My 23-year-old daughter, who happens to be deaf, wanted to write a note to a companion during a recent and rare Jays' win. No one had a pen so she dashed to the concession.

Afterwards she noticed



for the \$3 pen. Fortunately, she easily got a refund. But if she had waited until after the game to check, it might have been, well, receipts you acquire in a week. Do you read each one to ensure you were charged the right amount and received the correct change? Small mistakes

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Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance - assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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can mount up to serious dollars over time.

Even with today's swipe systems, mistakes made, particularly with sale prices and deals such as two-for-one or buy one get the second at 50 per cent off.

A couple of months ago I took advantage of a clothing sale. The cashier missed one of the discounts when she entered them manually. The difference was \$14, not chump change.

You should be especially vigilant in grocery stores or anywhere you might purchase multiple items. It is very easy to overlook an error among 20 or more different things.

I dislike the trend to bag your own and swipe your own purchases at checkouts because it is difficult to monitor prices at the same time. Think Saturday afternoon at the grocery store with a toddler in vour arms and an impatient line up behind. Pressure!

I guarantee that mistakes are made in the course of your consumer life. So, follow these three steps to put money back in your pocket: Watch, Compare and Question. 1. Watch the checkout display. 2. Compare the charge or sales price to what you recall on the shelf or label. 3. Question anything you think wrong.

Checking your receipts and doing a bit of mental math is a habit that will pay you back - literally.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

It's Called Football

Declan Hill, author of The Fix, joins Ben Rycroft on It's Called Football to discuss match-fixing in MLS and around the globe. To watch the interview, visit metronews.ca/blogs

Sports

NHLPA dumps boss

Union doesn't give reason for Kelly's ouster

Once again, the National **Hockey League Players** Association is looking for an executive director.

The NHLPA's executive board voted "overwhelmingly yesterday to relieve Paul Kelly of his duties as executive director, effective immediately."

No reason was given in a statement from the NHLPA. But a review of Kelly's performance over the summer produced a list of issues players had with his leadership, said Buzz Hargrove, the former Canadian Auto Workers boss who is now interim ombudsman for the NHLPA.

"I don't think you can point to any one (issue) and I'm not prepared to name one," he said, adding

U.S. Open Wozniak advances

Position history

Kelly succeeded Ted Saskin. who was let go in May 2007 amid allegations of monitoring players' email. Saskin had taken over when Bob Goodenow stepped down under

pressure from the players on July 28, 2005, only two weeks after a collective bargaining agreement was signed to end the lockout that wined out the entire 2004-05 season.

that "people had just lost confidence that Paul was the one" to lead the union.

The NHLPA executive board, which consists of one player representative from each of the 30 NHL teams, made the decision at its annual meeting in

Chicago. NHLPA general counsel Ian Penny will serve as the interim executive director while the association puts together a search committee to identify potential candidates for a replacement.

Hargrove said he would not be a candidate and could not say if the new boss would be an outsider or someone currently working for the union. Penny is thought to be a contender for the job.

Kelly, who had been on

the job for less than two years, was not available for comment. THE CANADIAN PRESS

Sports in brief

TRACK Usain Bolt has confirmed that he will run the 200 metres at the IAAF World Athletics Final next month in Greece, the international athletics federation said yesterday.

BASEBALL New York Mets slugger David Wright is planning to wear Rawlings' bulky new \$100 hatting helmet if it arrives in time for tonight's game. Wright hasn't played since being hit by a pitch two weeks ago.

GOLF Jack Nicklaus has a tee time again at the Masters. Augusta National announced yesterday that Nicklaus will join Arnold Palmer as an honourary starter for next year's Masters. NFL Tedy Bruschi is retiring after a 13-year career marked by an inspiring return to the New England Patriots as a starting linebacker eight months after a METRO NEWS SERVICES

Aleksandra Wozniak returns a shot against Laura Granville during day one of the U.S. Open in New York City yesterday. Wozniak advanced to the second round with a straight-sets win while fellow Canadian Peter Polansky flirted with the biggest win of his career before losing to Guillermo Garcia-Lopez.

Felicien captures silver medal

HURDLES Canadian hurdler Perdita Felicien is back on the podium after struggling to a last-place finish at the recent world track and field championships.
The native of Pickering,

captured a silver medal in the 100-metre hurdles at the British Grand Prix yesterday in a time of 12.95 seconds. World champion Brigitte Foster-Hylton of Jamaica won gold in 12.88 while American Virginia Powell was third in 13.21. Felicien, a former world gold and silver medallist, clipped several hurdles in limping to a last-place finish in 15.53 seconds at the world championships in Berlin on Aug. 19.

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12

According to a recent survey by RBC, 48 per cent of returning post-

secondary students like being responsible for their own finances. NEWS CANADA

Student Cents



Hidden fees

Will you live within walking distance of your college or university? If not, expect to add \$100 per month to your budget for public transporta-**NEWS CANADA**

The key to credit

RAFAEL BRUSILOW for Metro Canada

Building and protecting a good credit history may not be on your course list this semester, but it

should definitely be a part of your educational plan. Good credit can be crucial not only to buying a

home or car in the future, but also for things like renting an apartment, starting a cellphone plan or getting good rates on things like loans or insur-

Having and using a credit card can be a good way to build a good credit history but only if you don't abuse the privilege. Building a strong credit rating begins, ironically perhaps, with making sure you only use money you actually have and pay it back when

asked.
"The number one thing you want to do is pay your bills on time," said David Malamed, a forensic accountant at Grant Thorn-

Missed payments can ruin your rating quickly and consistently maxing out your cards also lowers your scores, so be responsible.

Getting a free T-shirt or coffee mug just for signing up for an extra credit card

might seem like a win-win situation, but be wary of annual fees or extremely high interest rates, sometimes in the vicinity of 29 per cent or even higher. Read the fine print before you sign anything and realconsider how many cards you need — after all, you really don't want to be charging more to credit cards than you can actually pay back anyways. If your wallet ever gets stolen, more cards will mean more trouble and more risk of fraud for you.

you've started building your good credit, you need to protect it. Malamed says fraud is one of the most common ways good credit can go bad and vigilance is often the best protection.

"Religiously check your credit card and bank statements and investigate them — that's really your first step into avoiding a risk of fraud," Malamed said.

Look for anomalies like strange payments for things you didn't buy or double-billing on single items and speak with your credit provider right away if you see something un-

Never respond to solicitations for credit cards over the phone as you



Using a credit card can be a good way to build a good credit history — if you don't abuse it.

can't be sure who the person on the other end is. The personal information you give away could potentially lead to identity theft and, in a worst-case scenario, Malamed says a scammer could use your personal information to call up a credit provider, pretend to be you, open

new credit cards under your identity and wreak havoc upon your credit rating by racking up debt.

"It can be an enormous headache and a lot of hours and stress you didn't ask for to deal with it,' Malamed said.

Malamed recommends checking your credit score

every six months to a year to make sure what lenders saying about you are matches your credit activities, and to spot potential mistakes or fraud

Popular credit-report service providers include Equifax (econsumer.equi fax.ca) and TransUnion (transunion.ca).

Manage finances

Create a financial plan. Decide how you will allocate your money among books and supplies, food, clothing, entertainment and other items, set a plan and stick to it.

Make it monthly. A monthly financial budget plan is a good choice weekly may be too difficult to manage and longer periods than a month could cause you to fall too far from your plan.

Keep track. Set up a budget sheet, set your plan and keep track of everything.

Time your spending. A good approach is to try to time your spending — be a bit frugal early in your budget period (for example, in the first couple of weeks). Plan your nights out for later in the budget period.

Don't skimp on nutrition. Don't sacrifice good nutrition to save a few dollars. You will be better off with healthier foods that cost a little more.

Work together. Pot luck and co-op dinners with friends are a great way to save money, try new types and styles of foods, and take a needed break from studies.

Remember: Budgeting isn't easy. If your plan is starting to slip, don't be shy talk to your parents and tell them where you stand. Catching problems early and dealing with them is always the right thing to do!

> - BY PROF. ERIC KIRZNER, **ROTMAN SCHOOL OF** MANAGEMENT, U OF T



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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Oct. 6.

Learning Curve

Bow Valley opens daycare

AMY GREGSON for Metro Calgary



With childcare a hot commodity in Calgary, one college in the city has opened up a childcare centre for students and staff to utilize.

Bow Valley College and the YWCA teamed up to open the Bow Valley Child Care Centre in its north campus yesterday.

"For us as a college, it feels wonderful to be able to offer that to them, because it's a service that allows them to come to school with their children," said Katherine Cormack, director of marketing and communications at BVC.

Cormack said this centre will allow current and potential students to know their children are being taken care of in a safe,



The Bow Valley Child Care Centre opened vesterday.

stimulating environment so they can concentrate on their studies.

BVC had previously had childcare centre, but closed it down when renovations for their north campus began.

This new centre will be able to care for 48 children and operates from 7 a.m. to 5:30 p.m. Some of the features include a hot lunch and two snacks each day, daily reports to the parents, care for students with special needs, a safe

outdoor play area and providing learning through

Rates for children are \$1,080 a month for 19- to 36-month-olds and \$1,000 a month for 37- to 60month-olds.

College students with children will get first priority and then it will be open to staff members and then the public if spaces are available.

Lee Fletcher from the YWCA said they are really excited to partner with BVC to open the centre.

"There's a lot of potential opportunities for us to work together to build a really good solid basis for childcare in the city,' Fletcher said.

Fletcher said the new childcare centre will also be a teaching environment for students in the Early Learning and Child Care program.

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U of C gets \$1.3 million

AMY GREGSON for Metro Calgary

A large Canadian technology company is investing research dollars into an Alberta university.

The University in Calgary received \$1.3 million in funding last month from Research in Motion, the company that makes BlackBerry, to explore how advance wireless location technologies to work better with mobile devices.

Earl McKenzie, public affairs officer with the Alberta government, said research is becoming a bigger part of the economy and has contributed to the growing knowledge-based sector of Alberta.

McKenzie said attracting more research dollars to the province is a priority for the Alberta government.

The province has supported \$337,000 towards this research project to look further into GPS technologies.

"It is evidence of the quality of research we are doing in Alberta in the post-secondary organizations," said McKenzie. "Having a company like

RIM here really shows that the quality of research done here is world-class."

Lead researcher Gerard Lachapelle said this would improve GPS technology, especially for indoor areas, such as inside commercial buildings and malls.

"It is possible to locate phones indoors, but the accuracy is very limited," said Lachapelle. "Once it provides better accuracy, then the quality in the range of services that could be offered by mobile phone companies like RIM, will enable them to capture a larger share of the market."

Lachapelle said the research will address the issue when satellite signals are not easily accessible.

Robert Crow, vice-president at RIM for industry, government and university relations, said mobile devices will continue to play an important role in the evolution of smart phones.

"The University of Calgary has a strong reputation for its research capabilities in the GPS field and RIM is excited by the prospects for functional and performance enhancements that could stem from this research," Crow said.

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15

Health & Beauty

EDITOR: ANN-MARIE COLACINO METRONEWS CA

The best revenge

New series helps women get back mojo



hen you get burned by love, revenge often feels like the best, well, revenge.

But, while gathering the contents of your ex's closet into the middle of the kitchen floor and dumping the entire contents of the fridge on them may feel cathartic (yes, a friend of mine actually did this), it's a bit—okay, a lot—childish.

The eight women in Re-Vamped, a new series premiering this

Sunday on the SLICE Network, are after a more healthy, satisfying and long-lasting type of revenge

self-empowerment. Oh, and the joy of making your ex crazy when he sees you've learned to become a smokin' burlesque dancer, of course.

Each woman in Re-Vamped has her own relationship horror story: one was dumped on her birthday for her best friend (and cousin); another was rejected by her long-term boyfriend via email while battling cancer. Yet anoth-



The J Spot columnist Josey Vogels offers heartbroken women her advice on how to get back into the dating game on Slice network's Re-Vamped series. Catch her in the Oct. 11 episode.

er's 21-year relationship came to a halt when she discovered that her partner was being unfaithful. Ouch.

Given this, these women are above indulging in a little petty ex-bashing, but the main focus of the six weeks in "Camp ReVamp" is to help these women rebuild their lives, their self-esteem and to get back

their dating mojo.

I had the pleasure of helping these women with that last bit as a guest expert on episode six in which I coach the women through a speed-dating event and help them polish up their rusty dating skills. Nothing like eight mini-dates during the course of an hour under the watchful eye of me, the camera and entire film

crew to whip you back into dating shape.

The series ends with the women putting on a burlesque show for friends and family and, yes, even some exes. Hey, what good is all that work if you can't rub it in his face a little?

But, most importantly, Camp ReVamp shows that, while this kind of momentary revenge can be sweet, getting your life together and moving on is much, much sweeter.

Re-Vamped Premieres Sept. 6 at 10 p.m. ET on Slice. Yours truly appears in the Oct. 11 episode.

Post your best break-up revenge stories in the comments section of The J Spot online at metronews.ca

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

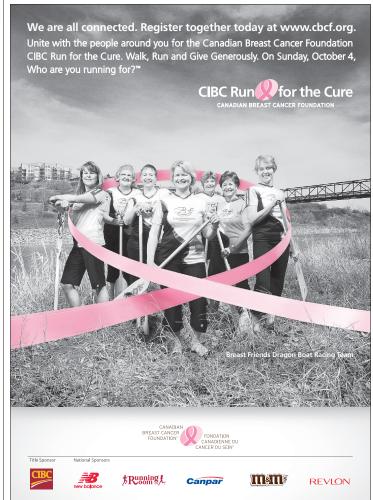
Health in brief

SURGERY Working up a sweat may be even better than angioplasty for some heart patients, experts say. Studies have shown heart patients benefit from exercise, and some have even shown it works better than surgical procedures. At a meeting of the European Society of Car-

diology on Sunday, several experts said doctors should focus more on persuading their patients to exercise rather than simply doing angioplasties. Angioplasty is the top treatment for people having a heart attack or hospitalized with worsening symptoms. It involves using a

tiny balloon to flatten a blockage and propping the heart artery open with a mesh tube. Most angioplasties are done on a non-emergency basis, to relieve chest pain caused by clogged arteries cutting off the heart's blood supply.

THE ASSOCIATED PRESS





16

John Rambo is gearing up for his fifth mission. Sylvester Stallone will star and once again resume directing duties in the followup to his 2008 film Rambo. According to variety.com the plot will revolve around human traffickers and drugs near the U.S.-Mexico border. ANANOVA.COM

Entertainmen

Queen Idol

Rambo suiting up again

Queen Latifah has dismissed reports she'll be Paula Abdul's perent replacement on American Idol, but reveals she has signed on to be a quest judge on the hit TV FEMALEFIRST.CO.UR

Big night for Daytime Emmys

Future of TV a hot topic on red carpet

It was pushing 37 C as nominees made their way down the red carpet before entering the restored and gloriously air-conditioned — Orpheum Theatre in Los Angeles for the 36th annual Emmy

"I feel like a roast chicknoted a glistening Emily O'Brien, nominee as outstanding younger actress in a drama series for The Young and the Restless. "This is like an oven," said. "I'm almost

A bit of heat is one thing daytime television's longtime mainstay, the soap opera, could use these days. Overall viewership has been declining and CBS' Guiding Light leaves the airwaves in mid-September after 72 years of production, first on radio, then on TV.

The future of daytime television was on the minds of many attendees.

"Daytime television has been evolving," observed Canadian ex-pat Alex Trebek, who was nominated as outstanding game show host for Jeopardy!

"Talk shows are still great ... I look around here and I see Dr. Phil is here, Montel (Williams) is here and Ellen (DeGeneres) is going to be here. These are all very successful daytime talk shows."

Those include The Tyra Banks Show, which took home the Emmy for outstanding talk show - informative for the second year in a row. "You've got to move and I've totally redone my show from skin and guts — how it looks, feels all the way down to content, because of the changing generation, Banks said.

Soap-opera veteran Susan Lucci said fans shouldn't take the cancellation of Guiding Light as a sign the entire daytime-drama genre is in trouble. "I think it's like nighttime TV. Just because one show gets cancelled doesn't mean nighttime TV is out the win-

The carpet was crammed with actors from Guiding Light, who gathered for a telecast tribute to their show. But veteran Light actor Robert Newman said he's heard nothing. "And, you know, I'm going to be



Rachael Ray holds the Emmy Award for outstanding talk show entertainment backstage at the Daytime Emmy Awards

moving forward with my life and career as if it is over," he added. "If something happens, that's fantastic and I'll deal with that when it comes along. But it has been a lot of

years, and maybe sometimes things just have to

The last episode of Guiding Light airs Sept. 18 on

THE ASSOCIATED PRESS

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family	557 541 39 FAM	Zoey 101 Ben 10	Johnny Test	Jimmy Two	Total Drama	Zack & Cody 6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	
42	555 545 67 TOON	Reba	Reba			Rascal Flatts: Melt		Home Improve.	Home Improve.	Reba	
	575 583 11 CMT	Little Bear	Maggie-Beast	Hope & Faith Hope & Faith Big Comfy Zigby		Max & Ruby Babar		Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!	
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	603 561 25 FOOD	Hell's Kitchen		Good Eats Good Eats		Iron Chef Americ		Unwrapped	Hell's Kitchen		
	615 520 26 A&E	The First 48 (HDT	V) (N)	The Cleaner (HDTV) (N)		The Cleaner (HD		The First 48	Unwrapped	The First 48	
	617 522 32 SHOW			The Outer Limits		Termination Point (2007, Suspense)		Jason Priestley.	Bones		
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	- 633 34 ENC2	Little Nikita	(7:25) The Kid * *			Stand and Deliver	*** (1988, Dram	a)	Me (1989)		
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	627 528 46 SPACE	Torchwood "Combat"		Ghost Hunters		Stargate SG-1 (Star Trek: Next G	iener.	Trek: Voyager	
	47 AMC	(6) Warlock *** (1959, Western)		lima ai			ern) Clint Eastwood.		Mad Men		
	619 525 49 TROP	Prod. Parker	Prod. Parker	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	
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critics'corner_

Good Eats
So you think you can't cook?
Alton Brown begs to differ. As
this entertaining half-hour series
begins a new season, Brown
continues the process of demystifying cooking and making it fun, whether that involves him dressing up in costumes, telling jokes or suggesting cheap alternatives to those pricey kitchen gadgets. 11 AM on FOOD



Bowfire
If you think violins are boring and fiddles are for honky-tonk bands, this special will change your mind. Bowfire is an ensemble that does for strings what "Lord of the Dance" did for Irish dancing — turning it into a highenergy show with a little dance, a little drama and a whole lot of great tunes from all over the genre map — jazz, Celtic, bluegrass, classical and more. Just watch. 7 PM on BRAVO

NCIS
The death of a Marine leads The death of a Marine leads Gibbs and McGee (Mark Harmon, Sean Murray) to the NCIS Office of Special Projects in Los Angeles, where the investigation quickly assumes vital importance concerning national security. Chris O'Donnell and LL Cool J quest star in "Legend (Part 1)." 9 PM on CICT. KREM

DVD picks



State of Play Director: Kevin Macdonald

A THRILLER ABOUT righteous newspaper porters seems boldly nostalgic in 2009, but it's a "B" movie with an "A" cast furiously pounding the pavement.

Director Kevin Mac-donald (The Last King of Scotland) and his committee of screenwriters have, like newsroom rewrite aces, boiled down the essentials from a lauded BBC miniseries of the same name, shifting locales from London to Washington, D.C.

Russell Crowe is rumpled and cynical Cal McAffrey, scribbler for the fictional Washington Globe. He has no use for the Internet, especially when his editor (Helen Mirren) compares him unfavourably to blogger Della Frye (Rachel McAdams).Cal and Della end up working together, connecting the dots of a case that begins with the apparently random shooting of two strangers in an alleyway and the ac-cidental death of a politically connected woman.

There are more red herrings than in Moscow fish market, but Macdonald has chosen not to overstate the printvs.-online feuding that ceased being interesting around the time Al Gore invented the Internet.

Peter Howell/for Metro Canada





Looks like next spring there will be another star to compete within the celebrity fragrance arena. Kim Kardashian has just announced that she will be launching her first signature scent through Lighthouse Beauty. PEOPLE.COM



entertainment 17

A Hero comes to the rescue

IAN JOHNSTON

If there was one positive in Heroes' much-criticized third season, it had to be the transformation of character Ando Masahashi from sidekick to su-

perhero.

"He (Ando) really grew during the
season. He was able
to get a power-shooting lasers out of my
hands," says actor James
Kyson Lee, who plays Ando
on the popular fantasy series.

"My best friend (the time and space travelling Hiro) reverted to a 10-year-old and Ando had to take charge. That's sort of a theme running in the show — who is in charge and

who is the sidekick?"

Lee was in Toronto last week to promote today's DVD release of Heroes' third season, and as a guest at the hugely popu-

lar Fan Expo Canada, which took place last weekend.

He says loyal viewers had always identified

with the human Ando's no-nonsense

Ando's no-nonsense approach to all the sci-fi mayhem "When the show started, the audience really viewed Ando as one of their own. He asked the questions that we would ask as viewers. In the first year, I had a lot of lines like 'Where are they?' and 'What's happening?', says Lee

"I'm glad I got powers later because we got to flesh him out as a human being first."

Lee

third sea-

feels the

which saw
the show
lose a good
portion of
its loyal
audience
— ended
on a positive note with
the return of
writer/executive
producer Bryan
Fuller.

He says he



thinks the se-

ries is in a good place going into season four.

"I think because we start so strong there was a lot of pressure to meet fan expectations," says Lee. "In a strange sense, we're underdogs now."

As for the fourth season — dubbed Redemption — Lee says Ando and Hiro will be setting up a business. One suspects it won't be a hard-



James Kyson Lee, of Heroes, was in Toronto last week to promote today's DVD release of the show's third season.

store.
"It's going to propel us into some really odd adventures," he says.

ventures," he says.
"I'm also going to
be linked with
someone unexpected.
So I think
that will
be a nice
surprise
for the

audi-



DEAL The Walt Disney Co. is buying Marvel Entertainment Inc. for \$4 billion in cash and stock, bringing such characters as Iron Man and Spider-Man into the family of Mickey Mouse and WALL-E.

Under the deal, which was announced yesterday and is expected to close by the end of the year, Disney will acquire the rights to 5,000 Marvel characters. Many of them, including the Fantastic Four and the X-Men, were co-created by the comic book legend Stan Lee.

Disney CEO Robert Iger said Marvel's comic books, TV shows, movies and video games amounted to "a treasure trove of content." Iger said the deal

would bring benefits like the ones Disney got from buying Toy Story creator Pixar Animation Studios Inc. for \$7.4 billion in stock in 2006.

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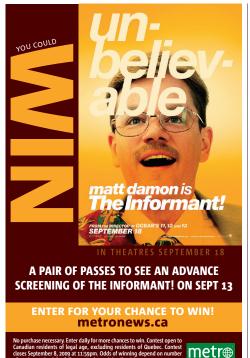
18 entertainment



The Hills population shrinks

The Hills is losing another resident: Audrina Patridge. "I'm almost done with The Hills. We're in the middle of finishing these episodes, and I'll be leaving then," usmagazine.com quotes her as saying. METRO NEWS SERVICES

Celebrity Buzz



Visit metronews.ca to watch metretube of the day

I still love Rihanna: Chris

OPENING UP It's been six months since the Grammy Awards weekend when Chris Brown and Rihanna got into a late-night fight that left Rihanna bruised and bloodied and her R&B star boyfriend surrendering to Los Angeles police, people.com reports.

Since then, Brown, 20, has pleaded guilty to felony assault and was sentenced last week to five years' probation.

On Aug. 26, the musician sat down with People for his first interview and as his mother Joyce Hawkins, a victim of domestic abuse herself, sat nearby opened up about his shame over that "terrible" night, his en-

during love for Rihanna and why he swears he'll never hit a woman again. Among Brown's

revelations: • He still loves Ri-hanna: "I never fell out of love with her. That just

wouldn't go away.'

 How he felt right after the assault: "I was distraught ... I went to my mom on the same night and told (her) what happened and broke down."

Why he's different from his stepfather, who he says regularly abused his mother: "I feel like he enjoyed it. He was an abuser. It was continuous.'

been a swirl of gossip

gests Macaulay Culkin

may be the father of one

of Jackson's kids.

very unnamed

and unverified

sources.

The Sun, citing

METRO NEWS SERVICES

Jayde to file charges against Joe Francis?

REPERCUSSIONS Reality TV star Brody Jenner's girlfriend, Jayde Nicole, has reportedly filed a complaint and is planning to press charges against Girls Gone Wild creator Joe Francis after he reportedly gave Nicole a bruised cheek, a swollen face, a bruised left rib

and a sore abdomen, according to Radar Online.

METRO

WORLD NEWS

DJ AM's last hours revealed

LAST MOMENTS A police source tells People that on Friday, Aug. 28 — the day Adam (DJ AM) Goldstein was discovered dead in his

Manhattan apart-ment — the DJ had sent his last text message to two friends at 1 a.m.

People.com reports the subject of his message was his scheduled

Las Vegas gig for that night at the Rain Nightclub in the Palms Hotel — but he never made it.

Sixteen hours later, a friend called 911 because Goldstein had failed to answer his cellphone and, when it was time for him to fly to Vegas, his two travelling companions could

not reach him. METRO NEWS SERVICES Macaulay father to Blanket? BIZARRO Since Michael Jackson's death, there's claims that actor Culkin may be the father of lack-

a.k.a. Blanket. Culkin, now around the paternity of his children. Often, it's just 29, is said to have dohe-said, she-said, but nated sperm to crepopeater.com is reportate seven-year-old ing a British paper sug-Blanket.

Culkin has not released a statement, out popeater.com calls the claim "ridiculous." but

son's son Prince Michael II,

METRO NEWS SERVICES

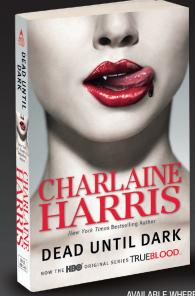
DRAMA. SUSPENSE. COMEDY.

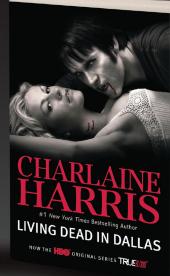
THE BOOKS BEHIND THE SMASH HIT TRUELON ON HBO

NEW YORK TIMES BESTSELI

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Wednesday **31** ° / 12 °





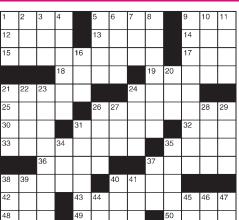
40 Yoked team

42 Moreover

43 Town

48 Altar

affirmative



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4		6		5	9			8
	5		4					1
	8		7				3	
2							9	
		4	6		2	3		
	3							6
	2				7		4	
5					1		8	
8			2	6		1		

1 Antelope's playmate 5 Stinging insect 9 Police officer 12 Leer at 13 Cake topper 14 Sapporo sash 15 Group with a job 17 Swab the decks 18 Picnic invaders 19 Hamstrings

21 Doesn't have 24 Staffer 25 Lotion additive 26 Non-noble 30 Doctrine 31 Lions' prides

32 Spy novel org. 33 Subway patron 35 Actress Gilpin 36 Lhasa -37 Burdened

38 Mold and

mildew

49 Neighbourhood 50 A Great Lake 51 Angeles preceder . 52 Eye part 53 Lairs 1 "What's up,

2 Id counterpart 3 Shady tree 4 Unoriginal movie? 5 Skater Katarina

6 Performances 7 Witness 8 Earlier bouts 9 Began 10 Reed instrument 11 Gladys

Knight's backup 16 — and outs 20 Commotion

21 Secular 22 As well 23 Shock troops 24 IJ S

26 Censor of old Rome 27 Inseparable

28 Green land 29 Reason for a tarp

31 Rodgers & Hammerstein creation 34 Gasoline stat

35 Gave a bad review to 37 Romanian

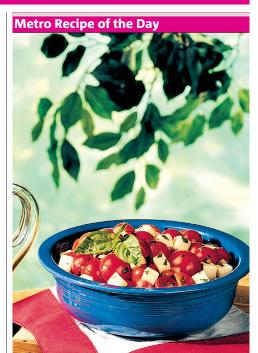
money 38 Go belly up 39 Destroy

40 Portent 41 Opening day?

44 Raw rock 45 Anger

46 Sardine container

47 "Absolutely"



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

В	Α	В	Α		L	0	S		Α	М	1	D		3	5	6	1	2	9	4	7	8
Α	В	U	Ν	D	Α	Ν	Т		S	1	R	E		4	4	7	8	3	6	2	5	9
Н	Α	Ν	G	0	V	Е	R		1	С	0	Ν		1	4		0	J	O	_	5	9
			L	Е	Α		Α	S	М	Α	Ν	Υ		8	2	9	7	4	5	6	3	1
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aily 🚻 On the web THE BIG ROUND NUMBER WELL, IT'S OFFICIAL, MY YOUTH IS GONE. OBITUARY BIRTHDAY

Tomato Mozzarella Salad

INGREDIENTS: 1/4 cup (50 ml) red wine

vinegar 1 garlic clove, minced 1/2 tsp (2 ml) salt Pepper to taste 2/3 cup (150 ml) olive oil 1 basket cherry tomatoes, halved

1-1/2 cups (375 ml) cubed mozzarella cheese 1/4 cup (50 ml) chopped

3 tbsp (45 ml) minced fresh basil

1. In small bowl, combine

vinegar, garlic, salt and pepper. Whisk in oil until well blended. Add remaining ingredients; toss to

2. Cover and refrigerate 1 hour, stirring occasionally. Remove with slotted spoon to serving dish.

rd.ca

For nutritional infor mation on this and other great recipes, go to **rd.ca** or check out Key Ingredients in this month's Reader's Digest, on



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20

No matter how much you want to believe someone is being honest with you the planets warn that may not be the case. Don't take too much on trust.

SEPT 23-OCT 23

There's lots of pressure on you and it's likely to continue until the end of the month. But in a way that's good because it will force you to toughen up.

TAURUS

APRIL 21-MAY 21

You may find it hard to be reasonable today, especially if someone you have to deal with is clearly dragging their feet. But don't lose your cool.

SCORPIO OCT 24-NOV 22

Someone you're close to needs to be reminded they can't al-ways have things their way. Tell them plainly what may happen today, and why it's no big deal.

GEMINI

MAY 22-JUNE 21 Someone you are working with may try to take liberties today and you won't be amused. Bide your time and don't hit back, at

SAGITTARIUS

least not immediately.

NOV 23-DEC 21

Pluto in your sign is giving you big ideas, but with mind planet Mercury strong as well some of those ideas may be a bit too big to do anything with.

CANCER JUNE 22-JULY 22

If you allow yourself to get worked up about something that's not important today you may miss out on something im-

portant later in the week.

CAPRICORN DEC 22-JAN 20

Focus on positive things today: If you allow negative thoughts to influence you it may be hard to get rid of them. Don't let fear get a hold.

LEO JULY 23-AUG 23

You will leave no one in doubt about where you stand on the issues of the day. It's okay to be forceful but don't try to impose your views on other people.

AQUARIUS

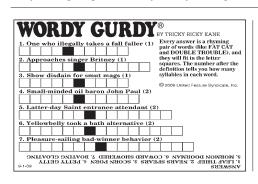
JAN 21-FEB 18
If you encounter hostility from a friend or a colleague today you would be wise to back off. Is there a principle at stake? No, so don't make an issue of it.

VIRGO AUG 24-SEPT 22

You should know by now that letting others in on what you are thinking is not always a good idea. Some things are best kept to yourself.

PISCES

Other people's opinions may drive you crazy but you won't change them by pointing out how stupid they are. Listen to what they have to say.





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\$1039

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Breakfast Standard rm.

Oct. 1, 4, 7, 15, 16, 23 & 29 • 3 nts.

\$767

DEALS to the WEEK

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\$769 Taxes & fees: \$218

Santa Clara Occidental Royal Hideaway Ensenachos • 5 ★

All-Inclusive Supersaver spa rm. Sept. 6-27 • 1 wk.

Taxes & fees: \$218

Cancun/Riviera Maya Occidental

Grand Xcaret • 4 1/2 ★
All-Inclusive

Supersaver deluxe rm.¹ Oct. 3, 10 & 17 • 1 wk.

Oct. 3, 10 & 17 • 1 wk.

Gran Bahia
Principe Tulum • 5 ★
All-Inclusive • Standard rm.

\$899

Taxes & fees: \$185

\$869

Taxes & fees: \$284

Honolulu, Hawaii

Ohana

Waikiki West • 3 1/2 ★

Aloha-Run of the house Dec. 6 & 13 • 1 wk.

\$999 Taxes & fees: \$140

Ixtapa/Zihuatanejo

Barceló

Ixtapa Beach • 4 ★ All-Inclusive • Standard rm.

Los Cabos

Jan. 9 & 16 • 1 wk.

Barceló Los Cabos • 5 ★ All-Inclusive • Junior suite

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